



Dear Friends,

Please see this important information that was just sent to us from Inova Loudoun Hospital.

### **Inova Loudoun Hospital Updates Visitation Policy Due to Flu**

Leesburg, VA — Due to increased flu-like illness activity at Inova Loudoun Hospital, effective immediately, Inova Loudoun Hospital is temporarily changing visitation hours to two blocks of time:

11 a.m. – 1 p.m. and 6 – 8 p.m.

Temporary visitation policy changes that were implemented recently are still in effect until further notice:

- No visitors under the age of 16
- No visitors with any symptoms of influenza-like illness
- Visitors will be limited to two persons
- Visitors may be issued masks for use while visiting, and asked to wash hands frequently

For Women's and Children's Units as well as Adult Critical Care, and Oncology patients additional measures may apply.

**A patient care companion is not a visitor, and is allowed to stay with the patient.**

“These temporary changes will help protect against the spread of influenza infection in the hospital. We all should continue to wash our hands frequently with soap and water; avoid touching your eyes, nose and mouth; and try to avoid

contact with people that are sick. If you think you might have the flu, contact your doctor, Urgent Care Center or Emergency Department,” said Dr. Edward Puccio, Medical Director, Department of Emergency Medicine, Inova Loudoun Hospital.

According to the Centers for Disease Control and Prevention (CDC), people who have the flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*\* It's important to note that not everyone with flu will have a fever.*